

Forum Promotes Fruits & Vegetables And Physical Activity At Work



Eric Frykman, MD, Riverside County Health Officer, welcomes guests at the Fit-N- Healthy Business Sharing Forum sponsored by the Desert Sierra Health Network.



Dave Williams, MD, Wellness Coordinator for the Riverside County Human Services, speaks at the Fit-N- Healthy Business Sharing Forum about integrating physical activity into the workday.

The Black Voice News
RIVERSIDE

At the Fit-N-Healthy Business Sharing Forum, private businesses, including many local restaurants, joined nonprofit, city, and county organizations within Inyo, Riverside, and San Bernardino Counties to learn about the benefits of policies that facilitate fruit and vegetable consumption and opportunities for physical activity at the workplace. The Sharing Forum provided instruction and resources for implementing worksite wellness programs tailored to meet the needs of individual organizations.

The Forum that took place at the Riverside Community Health Foundation at Riverside Community Hospital, was sponsored by the Desert Sierra Health Network in cooperation with the American Cancer Society Border Sierra Region. “The job is one of the best places for employees to practice healthy habits. The Sharing Forum is about making it easier to access fruits and vegetables and physical activity while at work,” says Valerie Comeaux, Coordinator, Network for a Healthy California—Desert Sierra Region Worksite Program.

According to the 2006

United States Census Bureau, 63 % of working age adults living in the Desert Sierra Region (Inyo, Riverside, and San Bernardino Counties) are employed.

A 2005 Workplace Nutrition and Physical Activity Issue Brief developed by the Network for a Healthy California shows that Californians spend so many of their waking hours on the job that achieving healthy eating habits and reaching physical activity goals is nearly impossible without addressing these issues at work. Without access to fruits and vegetables on the job, a working adult will need to eat 1 to 2 cups of fruits and vegetables every waking hour after work in order to meet the recommended 3.5 to 6.5 cups daily. In order to manage the 10,000 steps a day recommended by experts, sedentary workers would have to spend most of their evening in motion.

Eating the recommended amounts of fruits and vegetables and obtaining at least 30 minutes of physical activity everyday can help prevent many serious health problems like obesity, type 2 diabetes, heart disease, stroke, and certain types of cancer. Yet a 2005 California Health Interview Survey reveals that 52% of the adults in the Desert Sierra Region eat

fewer than the recommended amount of fruits and vegetables and 32% get no physical activity. In addition, the percent of adults in the Desert Sierra Region diagnosed with heart disease, diabetes, any type of cancer, and high blood pressure is higher than the state average.

The Fit-N-Healthy Business Forum was presented by the Desert Sierra Health Network, a leading force for healthy change and reducing disparities within San Bernardino, Riverside, and Inyo Counties, which is funded by the Network for a Healthy California (Network). The Network for a Healthy California (Network) is a public health effort working with hundreds of partners and organizations to empower low-income Californians to live healthier lives through good nutrition and physical activity. Principle funding is from the U.S. Department of Agriculture Food Stamp Program. These institutions are equal opportunity providers and employers. For food stamp information or tips on obesity prevention call (909) 387-6320 or visit the Network’s consumer Web site at www.cachampionsforchange.net or www.campeonesdelcambio.net.

First 5 San Bernardino Invites Neighbors To Unveiling Of A Community Storybook

The Black Voice News
SAN BERNARDINO

First 5 San Bernardino recently unveiled its second Community Storybook at an afternoon event held at the San Bernardino County Government Center. The storybook focuses on children ages 0-5, their families and the First 5 partner agencies that supported, assisted and encouraged them. The collage of pictures and stories spot-

lights the successes and the accomplishments of those in need within our communities. This year the storybook serves as a resource by including the listing of all the First 5 funded partner agencies and how to contact each for services.

“The Community Storybook empowers our “community artists” to speak publicly through image, symbol and metaphor of the influences and outcomes of First 5

services delivered through our partner agencies,” says Karen Scott, Executive Director of First 5 San Bernardino.” It is a great opportunity to share evaluation outcomes and demonstrate accountability for First 5 San Bernardino with our stakeholders! The Community Storybook is a transformative education tool to build public awareness of the services available as well as the importance of crucial

early childhood development.”

The unveiling included displays of the storybook, a presentation and refreshments. The First 5 San Bernardino Commissioners attended the presentation. Attendees also included participants in the storybook and Partner Agencies from across the County.

First 5 San Bernardino was created in December, 1998 in order to realize the benefits of

Proposition 10 (California Children and Families Act) for the County’s youngest residents and their families. The act created a system of programs for the purpose of promoting, supporting, and improving the early development of children from the pre-natal stage to five years of age.

For more information on First 5 San Bernardino and partnering agencies, please visit

www.first5sanbernardino.org or call 1-888-9-FIRST-5.

REQUEST FOR QUALIFICATIONS PERSONAL COMPUTER SOFTWARE END-USER AND INFORMATION TECHNOLOGY STAFF TRAINING RFQ HS 08-02

The County of San Bernardino Human Services has issued, and invites responses to, a Request for Qualifications (RFQ) to provide Personal Computer Software End-User and Information Technology Staff Training. The Qualifications Packet submitted must be consistent with the requirements as described in RFQ HS 08-02. Qualifications Packets are due no later than 4:00 p.m., Wednesday, October 22, 2008. A copy of the RFQ may be downloaded from the following San Bernardino County Internet site: <http://www.sbcounty.gov/rfp/rfp1ist.htm> Although the Internet is the preferred media for distributing the RFQ, copies can also be obtained at the Human Services Contract Unit located at 150 S. Lena Road, San Bernardino, CA 92415. For further information, please contact Jeri Quick at (909) 388-0255.

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CNS-1419364#

City Prepares For Sr 91 Lane Closures This Weekend

The Black Voice News
RIVERSIDE

Nighttime drivers should plan for closures on the Riverside Freeway (State Route 91) at the La Sierra Avenue interchange Friday and Saturday to remove the old La Sierra bridge over the freeway.

All eastbound SR 91 lanes and westbound SR 91 HOV

lane and No. 1 lane will close Friday night, (Sept. 12), 11 p.m. through Saturday morning, (Sept. 13), 9 a.m.

All westbound SR-91 lanes and eastbound SR 91 HOV lane and No. 1 lane will close Saturday night, (Sept. 13), 10 p.m. through Sunday morning, (Sept. 14), 9 a.m.

During the closures, traffic will be detoured off the free-

way onto the La Sierra Avenue exit and then immediately back onto the Riverside Freeway using the on-ramp. California Highway Patrol and Freeway Service Patrol will be there to assist and ease congestion.

La Sierra Avenue over the freeway will remain open during construction, although delays are expected. All

businesses will remain accessible. Drivers should use alternate routes, such as Pierce, Magnolia or Tyler Streets, during the closures.

The \$38 million project will replace the La Sierra Avenue bridges over both the freeway and the railroad tracks with six-lane bridges to reduce traffic congestion. New dual left-turn lanes onto the free-

way will make it easier for vehicles to access the Riverside Freeway, while ramps will be widened from two to three lanes.

The project is expected to be completed by the summer of 2009.

For more information, call the City of Riverside Public Works Department at (951) 826-5760.